WAYS TO PREVENT TOOTH DECAY:

1. Brush teeth with fluoridated toothpaste after meals.
2. Reduce sugary and processed foods.
3. Visit the dentist regularly for check-ups.
4. Floss teeth twice daily.

WAYS FOR PREGNANT WOMEN TO REDUCE FLUORIDE EXPOSURE

DRINK NON-FLUORIDATED WATER:
About 75% of dietary fluoride comes from water and water-based beverages. Water can be fluoridated naturally or it may have fluoride added to it (community water fluoridation). A pregnant woman may reduce her consumption of fluoridated water and beverages made with fluoridated water by:

1. Installing a specialized water filter that removes fluoride, including those that use reverse osmosis or distillation. Carbon-based filters such as Brita may not be as effective at removing fluoride as these other types of filters.
2. Drinking bottled water low in fluoride. Most bottled water contains lower amounts of fluoride. You can make sure by reading labels on bottled water or choosing deionized water or spring water.

AVOID GRAPE JUICE, GRAPES, RAISINS AND WINE:
These have high levels of fluoride from a pesticide called cryolite\(^2\). To reduce exposure, you can:

1. Buy organic grape juice and organic grapes.
2. Reduce consumption of grape juice and, of course, wine.
3. Choose red grape juice instead of white grape juice.
4. Choose organic fruits and vegetables to avoid fluoridated pesticides.

AVOID SWALLOWING FLUORIDATED DENTAL PRODUCTS:
Fluoride rinses and gels contain high levels of fluoride and can be avoided in pregnancy. You can continue to use fluoridated toothpaste, but avoid swallowing the toothpaste, and rinse your mouth thoroughly after brushing.

AVOID BLACK AND GREEN TEAS:
Tea leaves accumulate high levels of fluoride from the soil\(^3\). To reduce fluoride exposure from tea, you can:

1. Reduce tea consumption.
2. Drink tea made with younger leaves (white) or herbal.

AVOID MECHANICALLY DEBONED CHICKEN:
(i.e., chicken nuggets, canned chicken) because fluoride may remain from the deboning process. Instead:

1. Purchase whole chickens.
2. Choose fresh meat products as opposed to processed meats or fast food.

AVOID PROCESSED FOODS:
which may contain more fluoride\(^5,6\).

Sources Used:

Disclaimer: The above content is neither intended to nor does it establish a standard of care. This information is not a substitute for professional judgment.